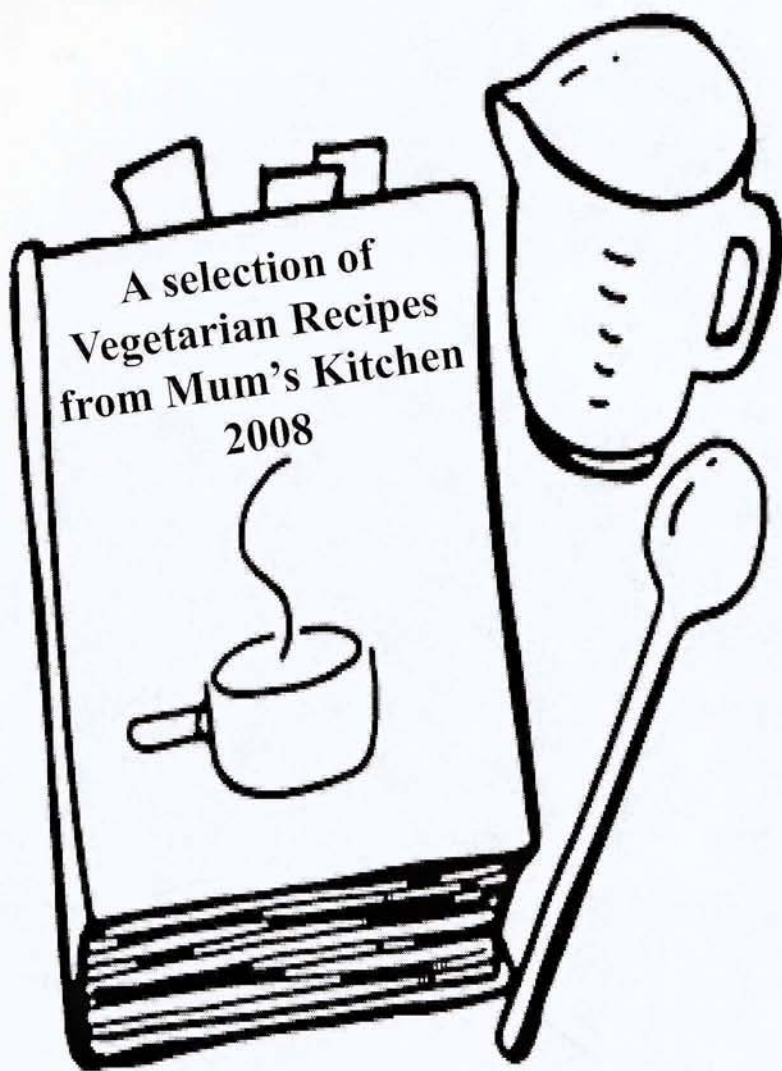


**A selection
of
Vegetarian Recipes
from Mum's Kitchen**



**Collected and Compiled
by Rosemary Hartley
2008**

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Macaroni Cheese & Tomato

Serves 4, Preparation time 15 minutes, Cooking time 25 minutes.

Ingredients

- 2¼ cups of dried elbow macaroni
- 2¾ cup of cheese, grated
- 4 tablespoons of breadcrumbs
- 1 tablespoon chopped fresh basil
- 1 tablespoon butter or margarine

Tomato sauce **Homemade or buy already made from shop.**

- 1 tablespoon olive oil or oil of your choice
- 1 shallot finely chopped
- 2 garlic cloves, crushed or buy already crushed garlic from shop (and use 1 teaspoon).
- One 400 gm tin/can of chopped/diced tomatoes plus 100gm from a second tin to make up 500gm altogether.
- 1 tablespoon chopped fresh basil
- Salt to taste

Method

1. To make the tomato sauce, heat the oil in a heavy-based saucepan.

Add the shallot and garlic, if using garlic cloves, and saute for 1 minute.

Add the tomatoes and basil and season with salt to taste.

Cook over a medium heat, stirring constantly, for 10 minutes.

2. Meanwhile, bring a large saucepan of lightly salted water to the boil and cook the macaroni for 8 minutes, or until tender, but still firm to the bite. Drain thoroughly in a colander and set aside.

3. Place the grated cheese in a bowl. Grease a deep, ovenproof dish.

Spoon just enough tomato sauce into the base of the dish to cover,

Then top with just enough of macaroni and then just enough cheese.

Repeat these layers two times, ending with a layer of grated cheese.

4. Mix the breadcrumbs and basil together and sprinkle evenly over the top.

Dot the topping with butter or margarine and cook in a preheated oven.

190°C/375°F/Gas Mark 5, for 25 minutes, or until the topping is golden brown and bubbling. Serve hot.



Spanish Tortilla

Serves 4, Preparation time 10 minutes, Cooking time 25-30 minutes.

Ingredients

- 1 Kg potatoes, thinly sliced
- 4 tablespoons cooking oil
- 1 onion, sliced
- 2 garlic cloves, crushed or crushed garlic from shop 1 teaspoon.
- 1 green capsicum pepper, deseeded and diced
- 2 tomatoes, deseeded and chopped
- 2 tablespoons drained canned sweetcorn or frozen corn kernels thawed
- 6 large eggs, beaten
- 2 tablespoon chopped parsley
- salt to taste

Method

- For 5 minutes only cook the potatoes in a saucepan of lightly salted boiling water. Drain well. Slice thinly when cooled.
2. Heat the oil in a large frying pan, add the potato and onion and saute over a low heat, stirring constantly, for 5 minutes, or until the potatoes have browned.
 3. Add the garlic, diced pepper, chopped tomatoes and sweetcorn, mixing well.
 4. Pour in the eggs and add the chopped parsley. Season well with salt. Cook for 10-12 minutes, or until the underside is cooked through.
 5. Remove the frying pan from the heat and continue to cook the tortilla under a preheated medium grill for 5-7 minutes, or until the tortilla is set and the top is golden brown.
 6. Cut the tortilla into wedges or cubes, depending on you preference, and transfer to serving dishes.

Can be served hot, cold or warm.

Gnocchi with Tomatoes & Herbs

Serves 4, Preparation time 30 minutes, Cooking time 45 minutes.

Ingredients

- ¼ Kg - 350gms of floury potatoes halved
- 1¼ cup self-raising flour, plus extra for dusting
- 2 teaspoons dried oregano
- 2 tablespoons cooking oil
- 1 large onion, chopped
- 2 garlic cloves, chopped or 1 teaspoon of ready crushed garlic from shop
- One 400gm canned diced tomatoes.
- ½ vegetable stock cube dissolved in 100ml boiling water
- 2 tablespoons shredded basil, plus whole leaves to garnish
- Salt to taste
- Grated cheese to serve

Method

1. Bring a large pan of water to the boil. Add the potatoes and cook for 12-15 minutes, or until tender. Drain and leave to cool.
2. Peel and then mash the potatoes with the salt, sifted flour and oregano.

Mix together with your hands to form a dough.

3. Heat the oil in a pan. Add the onion and clove garlic and cook for 3-4 minutes.

Add the tomatoes and stock and cook, uncovered, for 10 minutes. Season to taste.

4. Roll the potato dough into a sausage about 2.5 cm/1 inch in diameter.

Cut the sausage into 2.5cm/1 inch lengths. Flour your hands, then press a fork into each piece to create a series of ridges on one side and the indent of your index finger on the other. This is to make the gnocchi as in method 5.

5. Bring a large pan of water to the boil and cook the gnocchi, in

batches, for 2-3 minutes. They should rise to the surface when cooked. Drain and keep warm.

6. Stir the basil into the tomato sauce and pour over the gnocchi. Garnish with basil leaves. Sprinkle with the grated cheese and serve.

Vegetable Crumble

Serves 4-6, cooking time 30 minutes

Ingredients

- 1 cauliflower, broken into florets
- salt
- 2 tablespoons cooking oil
- 3 tablespoons wholemeal flour
- 1½ cups milk of choice
- One 300g can sweetcorn, drained or frozen corn kernels.
- 2 tablespoons chopped parsley
- 1 cup grated cheese



Topping

- ½ cup wholemeal flour
- 2 tablespoons margarine
- ½ cup rolled oats
- ¼ cup chopped almonds

Method

1. Cook the cauliflower in boiling salted water for 5 minutes.
Drain, reserving the water.
2. Heat the oil in the same pan and stir in the flour.
Remove from the heat, add the milk, stirring until blended.
3. Add 2/3 cup of the reserved cooking liquid, bring to the boil and cook for 3 minutes, until thickened.
4. Stir in the sweetcorn, parsley and half the cheese. Gently fold in the cauliflower and turn into a ovenproof dish.
5. For the topping, place the flour in a bowl and rub in the margarine until the mixture resembles fine breadcrumbs.
6. Add the oats, almonds and remaining cheese. Sprinkle over the vegetable mixture and bake in a preheated moderately hot oven, 190°C(375°F), for 30 minutes, until golden brown and crisp.



Spinach Lattice Flan

Serves 6, cooking time 45-50 minutes.

Ingredients

- 2 tablespoons cooking oil
- 1 large onion, chopped
- 2 cloves garlic, crushed/ 1 teaspoon of ready crushed garlic from shop
- 500 g/½ Kg frozen chopped spinach, thawed and drained
- 2 eggs
- ½ teaspoon ground nutmeg
- 250g/¼ Kg Ricotta or cottage cheese
- ½ cup grated Parmesan cheese
- Salt

Wholemeal Shortcrust Pastry

Buy from shop or make as follows

Ingredients

- 2 cups wholemeal flour
- 1 cup plain flour
- ¾ cup margarine
- 3-4 tablespoons iced water
- Beaten egg to glaze or brush over with milk.

Method

1. Heat the oil in a pan and fry the onion until softened. Add the garlic and spinach and cook gently for 10 minutes, stirring occasionally.
2. Cool slightly then beat in the eggs, nutmeg, cheeses, and salt to taste.
3. To make the pastry, place the flours in a mixing bowl and rub in the margarine until the mixture resembles breadcrumbs. Add enough water to mix to a firm dough, then turn onto a floured surface and knead lightly until smooth.

4. Cut off two thirds of the pastry, roll out thinly and use to line a 23 cm (9 inch) flan dish, leaving it overlapping the side.

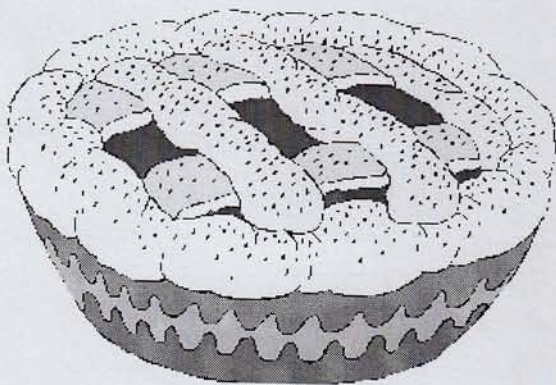
5. Spread the filling evenly in the pastry case. Moisten pastry edge.

6. Roll out remaining pastry and cut into 5 mm ($\frac{1}{4}$ inch) strips.

Arrange in a lattice design over the filling and press the edges to secure.

Brush with egg or milk and bake in a preheated moderately hot oven, 200°C (400°F), for 45-50 minutes, until golden.

Serve warm or cold with a crisp mixed salad.



Spinach and Potato Patties

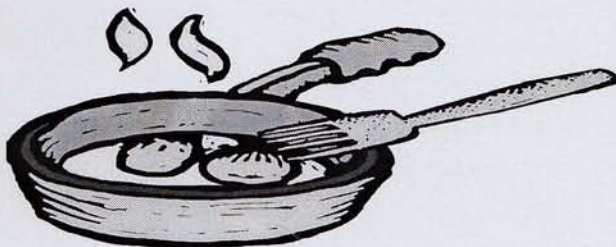
Serves 3-4 people.

Ingredients

- 1 tablespoon cooking oil
- 1 onion, chopped
- 1 clove garlic, crushed or $\frac{1}{2}$ teaspoon of crushed garlic from shop
- 250g (8oz) frozen chopped spinach, thawed and drained
- $\frac{1}{2}$ Kg (1 lb) potatoes, boiled and mashed
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 cup grated cheese
- Salt to taste
- Wholemeal flour for coating
- Cooking oil for shallow-frying

Method

1. Heat the oil in a pan, add the onion and garlic and fry until softened.
2. Squeeze the spinach dry and add to the pan with the potato, nutmeg, cheese, and salt to taste;
3. Mix thoroughly.
4. Shape the mixture into 8 balls, using dampened hands, and flatten slightly.
5. Coat the patties with the wholemeal flour.
6. Fry in hot shallow oil for 2 minutes on each side, until golden brown.
7. Serve with salad and crusty bread.



Curried Vegeburgers

Serves 4 people.

Ingredients

2 tablespoons cooking oil
2 onions, chopped
1 clove garlic, crushed or ½ teaspoon crushed garlic bought from shop
2 carrots, chopped
2 celery sticks, chopped
2 teaspoons curry powder
2 tablespoons chopped parsley
½ Kg (1 lb) potatoes, boiled and mashed.
Salt to taste
Breadcrumbs for coating
Oil for shallow-frying

Method

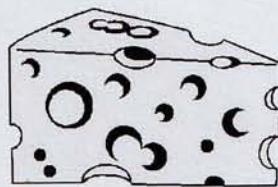
1. Heat the oil in a pan, add the onions and fry until softened.
2. Add the garlic, carrots and celery and fry for 5 minutes, stirring.
3. Mix in the curry powder and cook for 1 minute.
4. Add the fried vegetables and parsley to the potato and season with salt to taste.
5. Divide the mixture into 8 pieces, shape into rounds.
6. Coat with breadcrumbs. Press to flatten slightly.
7. Fry for 2 minutes on each side until golden.
8. Serve with sauce of your choice.

Cheese and Vegetable Gratin

Serves 4 people.

Ingredients

- 2 tablespoons cooking oil
- 2 onions, sliced
- 1 clove garlic, crushed or ½ teaspoon bought crushed garlic
- 375 g (12 oz) zucchini, sliced
- 1 tablespoon chopped parsley
- 1 teaspoon chopped thyme
- Salt to taste
- 4 large tomatoes, skinned and sliced
- 2 tablespoons margarine
- ¼ cup wholemeal plain flour/ or white
- 1½ cup of milk
- 1 cup grated cheese
- 1 tablespoon fresh or bought breadcrumbs



Method

1. Heat the oil in a pan, add the onions and fry gently until softened.
 2. Add the garlic, zucchini, herbs, and salt to taste and cook for 5 minutes, stirring occasionally.
 3. Put half the mixture in a pie dish and cover with the tomatoes.
 4. Top with remaining mixture.
 5. Melt the margarine in a saucepan, stir in the flour
 6. Remove from the heat and blend in the milk.
 7. Bring the above to the boil, stirring constantly, until the sauce thickens.
 8. Add half of the cheese, and salt to taste and pour over the zucchini.
 9. Sprinkle with the breadcrumbs, then the remaining cheese.
- Bake in a preheated moderate oven, 180 °C (350 °F), for 30 minutes, until golden.

Broccoli and Cheese Flan

Serves 4

Ingredients

Cheese Pastry

1 cup wholemeal flour

½ cup plain flour, sifted

90g (3oz) margarine

½ cup grated cheese

½ teaspoon dried mixed herbs

1 egg yolk

Iced water to mix



Filling

250g (8oz) broccoli

2 eggs, beaten

2/3 cup milk

1 cup grated cheese

1 teaspoon curry powder

Salt to taste

Method

1. Place the flours in a bowl and rub in the margarine until the mixture resembles fine breadcrumbs.
2. Stir in the cheese and herbs.
3. Make a well in the centre and add the egg yolk and enough water to mix to a firm dough.
4. Turn onto a floured surface and knead lightly until smooth.
5. Roll out and use to line a 20cm (8inch) flan dish that has been greased.
6. Prick the base with a fork; chill for 20 minutes.
7. Bake 'blind' that is put either uncooked macaroni or beans in the centre of the unfilled pastry and cover with foil.
8. Place in a preheated moderately hot oven, 200°C (400°F), for 10 minutes.

9. Remove the foil and beans, return to oven for 5 minutes.

Meanwhile if using fresh broccoli, cook in boiling salted water for 5-6 minutes. Rinse in cold water, drain thoroughly, then chop roughly.

Mix the beaten eggs with the milk, $\frac{3}{4}$ of the cheese, curry and salt to taste.

Arrange the broccoli in the flan case and pour over the egg mixture.

Sprinkle with remaining cheese and return to the oven for 35 minutes, or until set and golden.

Lentil and Tomato Quiche

Serves 4.

Ingredients

Cheese pastry made with $1\frac{1}{2}$ cups flour

(See the Broccoli and Cheese Flan on page 15 for this)

2 tablespoons cooking oil

2 onions, chopped

2 celery sticks, chopped

1 clove garlic, crushed (or $\frac{1}{2}$ teaspoon of bought crushed garlic)

1 cup raw green lentils, soaked in cold water

One 400g can chopped tomatoes

1 cup water

Salt to taste

3 tablespoons chopped parsley

$\frac{3}{4}$ grated cheese

1 tablespoon sesame seeds

Method

Roll out the cheese pastry on a lightly floured surface and use to line a 20cm (8inch)flan dish.

Prick the base with a fork and chill for 20 minutes.

Bake 'blind'. That means place uncooked beans or macaroni in the centre of the pastry and cover

with foil before putting the pastry in a preheated moderately hot oven, 200°C (400 °F). for 10-12 minutes.

Remove the foil and beans/macaroni. Return to oven for 5 minutes.

Heat the oil in a pan, add the onions, celery and garlic and fry until softened.

Add the lentils, tomatoes with their juice, water, and salt to taste. Cover and simmer for 1 hour, stirring occasionally, until the lentils are tender.

Stir in the parsley and turn into the flan case.

Sprinkle with the cheese and sesame seeds and return to the oven for 10-15 minutes, until the cheese is brown and bubbling.



Cheese and Lentil Gratin

Serves 6

Ingredients

- 1 tablespoon cooking oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stick, chopped
- 1 cup red lentils
- 2 cups water
- 1 clove garlic, crushed (or ½ teaspoon bought crushed garlic)
- 2 tablespoons breadcrumbs
- 1 cup grated cheese
- 2 tablespoons chopped parsley
- 1 egg, beaten
- 2 tablespoons sesame seeds

Method

1. Heat the oil in a pan, add the onion and fry until softened.
2. Add the carrot, celery, lentils, water, garlic and salt to taste.
3. Cover, bring to the boil, then lower the heat and simmer gently for about 20 minutes, until all the water is absorbed.
4. Add $\frac{3}{4}$ of the cheese, the parsley and egg to the lentil mixture. Stir until thoroughly mixed.
5. Spoon the mixture into a shallow ovenproof dish and smooth the top.
6. Sprinkle the sesame seeds and remaining cheese over the top.
7. Bake in a preheated moderate oven, 180 °C (350°F), for 45 minutes, until the topping is crisp and golden brown.
8. Garnish with extra parsley and serve hot with tomato sauce, new potatoes and seasonal green vegetable.
Also excellent served cold with a crisp green salad.

*made liked suitable for
chicken punches.*

Walnut and Lentil Loaf

Serves 6.

Ingredients

- 1 tablespoon cooking oil
- 1 onion, chopped
- 1 clove garlic, crushed (or bought $\frac{1}{2}$ teaspoon crushed garlic)
- 2 celery sticks, slice
- 1 cup green lentils (soak in cold water before cooking) *used red*
- 2 cups water
- 125g (4oz) walnuts, finely chopped (or you can buy crumbed walnuts)
- 1 cup breadcrumbs
- 2 tablespoons chopped parsley
- 1 tablespoon naturally fermented soy sauce
- 1 egg, beaten *egg replacer*
- Salt to taste

Method

1. Heat the oil in a pan, add the onion and fry until softened.
 2. Add the garlic, celery, lentils and water and bring to the boil.
 3. Cover and simmer gently for 50-60 minutes, until the lentils are tender, stirring occasionally and removing the lid for the last 10 minutes to allow the moisture to evaporate.
 4. Mix in the walnuts, breadcrumbs, parsley, soy sauce, egg, and salt to taste, and mix thoroughly.
 5. Lightly grease a loaf tin.
 6. Spoon the mixture into the tin
 7. Cover with foil and bake in a preheated moderately hot oven, 190 °C (375 °F), for 45-50 minutes.
- When cooked leave in the tin for 2 minutes, then loosen with a knife and turn out onto a warmed serving dish.

Hazelnut and Vegetable Loaf

Serves 4

Ingredients

2 tablespoons oil
1 onion, chopped
1 clove garlic, crushed (or ½ teaspoon bought crushed garlic)
2 celery sticks, chopped
1 tablespoon wholemeal flour
¾ cup tomato juice
125g (4oz) hazelnuts, ground (can buy already ground) or use ⅓ cup crumbed walnuts instead.
2 cups breadcrumbs
2 carrots, grated
1 tablespoon soy sauce
2 tablespoons chopped parsley
1 egg, beaten
Salt to taste

Method

1. Heat the oil in a pan, add the onion and fry until softened.
2. Add the garlic and celery and fry for 5 minutes, stirring occasionally.
3. Mix in the flour, then stir in the tomato juice until thickened.
4. Place the remaining ingredients, with salt to taste, in a bowl and add the tomato mixture, stirring until blended.
5. Turn into a greased loaf tin,
6. Cover with foil and bake in a preheated moderate oven, 180 °C (350 °F), for 1 hour.
7. Turn out onto a warmed serving dish and serve hot with tomato sauce, or cold with a mixed salad.

Country Cottage Flan

Serves 6

Ingredients

Pastry to make as follows or buy readymade.

½ cup plain wholemeal flour

½ cup plain white flour

50g margarine (2½ tablespoons)

3 tablespoons water.

Filling

1 egg, lightly beaten

1 cup low-fat cottage cheese

½ teaspoon basil

½ teaspoon salt

⅓ cup light sour cream

2 cups mashed potato

3 shallots, finely chopped

1 tablespoon chopped parsley

Method

1. Sift flours into bowl if making own pastry. Rub in the margarine with fingertips until mixture resembles breadcrumbs.

2. Mix in enough water to make a firm pastry (or mix flour and margarine in food processor, then add just enough water so that pastry clings together).

3. Roll pastry out and line a lightly greased 24 cm flan tin or pie plate.

Trim edges. Prick pastry with a fork.

4. Bake pastry at 200 °C (400 °F) for 7 minutes.

5. Place filling ingredients in large bowl and mix well.

6. Spoon filling into flan shell.

7. Bake at 200 °C (400 °F) for 30-40 minutes or until top is golden brown.

Serve with salad of choice.

Cottage Rice Loaf

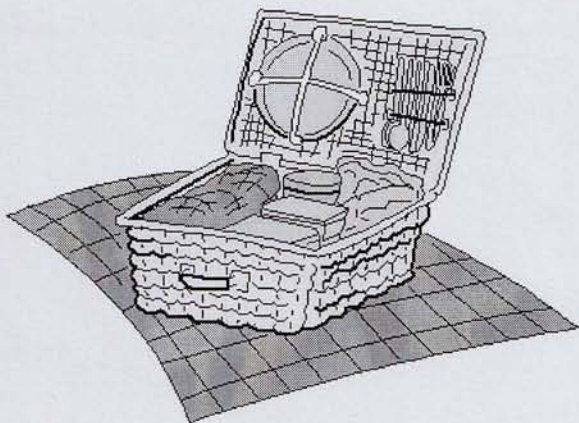
Serves 6.

Ingredients

- 1 tablespoon cooking oil
- 1 medium onion, finely chopped
- 1 small carrot, grated
- ½ cup frozen peas
- 1 cup low-fat cottage cheese
- 2 cups cooked short-grain brown rice
- 1 teaspoon mild curry powder
- ½ teaspoon salt
- 2 eggs, lightly beaten

Method

1. Heat oil in a frying pan. Stir-fry onion until soft.
2. Place onion and remaining ingredients into a large bowl and mix well.
3. Press mixture into a lightly greased 10 x 23cm loaf tin.
4. Bake at 190 °C (375 °F) for 1 hour.
5. Let stand in tin for 10 minutes before turning out.
6. Serve loaf warm with salad of choice, or serve cold at a picnic or use as a sandwich filling.



Nutolene Club Sandwiches

Makes 28 triangles

NOTE Can wrap leftover sandwiches in plastic wrap and refrigerate for use the next day.

Ingredients

One 220g can or half of a 430g can Sanitarium Nutolene.

¼ cup tomato sauce

124g light cream cheese

¼ cup finely chopped shallots

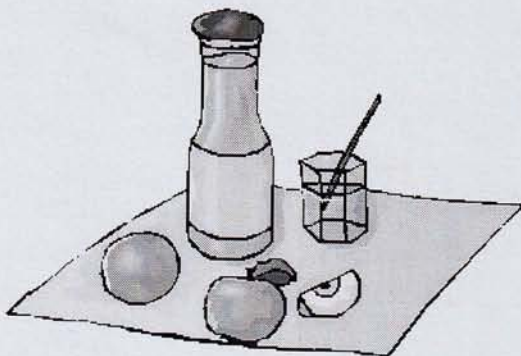
1 tablespoon finely chopped dill or other herb of choice.

21 slices wholemeal bread (1 Loaf)

Lettuce leaves.

Method

1. With a fork, mash Nutolene and tomato sauce together in a small bowl.
2. Mix cream cheese, shallots and dill or herb of choice in another small bowl.
3. Spread seven slices of bread with Nutolene mixture. Place a second slice of bread over top of each, and spread with cream cheese mixture and lettuce. Cover with a third slice of bread.
4. Cut diagonally to make four triangles.



Tomato and Ricotta Penne

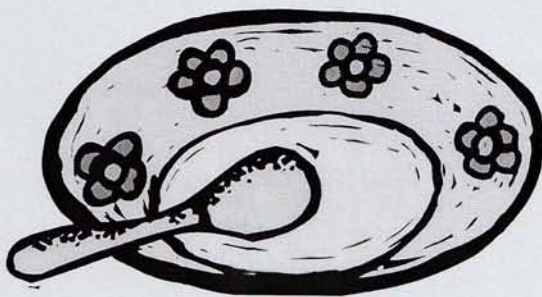
Serves 4.

Ingredients

- 2 teaspoons cooking oil
- 1 medium onion, chopped
- 1 clove garlic, crushed or $\frac{1}{2}$ teaspoon bought already crushed.
- 425g can tomatoes, chopped/diced
- 140g carton tomato paste
- 1 cup water
- 1 teaspoon dried basil/ or fresh leaves snipped with scissors.
- 1 teaspoon dried oregano/ or fresh leaves snipped with scissors.
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- 4 cups cooked penne pasta
- 250g ricotta cheese, chopped.

Method

1. Heat oil in frying pan. Stir-fry onion and garlic until soft.
2. Add tomatoes, tomato paste, water, basil, oregano, salt and sugar.
3. Bring mixture to boil. Reduce heat, cover and simmer for 5 minutes.
4. Add pasta to tomato mixture and mix well.
5. Fold ricotta cheese through and heat gently.
6. Serve with a tossed green salad.



Quick 'N' Easy Noodle Hotpot

Serves 6.

Ingredients

- 1 teaspoon mild curry powder
- 85g packet 2-minute curry-flavoured noodles.
- $\frac{1}{4}$ cup water
- 1 medium onion, chopped.
- 430g can Sanitarium Nutmeat, diced.
- 2 tablespoons tomato paste
- 425g can tomatoes, chopped or diced.
- 2 cups water, extra
- 2 cups frozen mixed vegetables

Method

1. Heat curry powder, flavour sachet from noodles packet and water in frying pan. Add onion and stir- fry until soft.
2. Add Nutmeat and cook for 1 minute.
3. Stir through tomato paste, tomatoes, extra water and mixed vegetables. Bring the mixture to boil; reduce heat and simmer for 5 minutes.
4. Add noodles and cook for 2 minutes or until tender.



Bean and Sausage Hotpot

Serves 6.

Ingredients

- 1 tablespoon cooking oil
- 1 large onion, sliced
- 1 clove garlic, crushed or ½ teaspoon of bought garlic already crushed.
- 1 cup finely sliced celery
- 1 teaspoon cumin
- ½ teaspoon paprika
- 425g can tomatoes, chopped
- 440g can kidney beans
- 3 tablespoons tomato paste
- 1½ cups peeled and finely diced pumpkin
- 430g can Sanitarium Vegetarian Sausages
- 2 tablespoons chopped parsley.

Method

1. Heat oil in saucepan. Stir-fry onion, garlic and celery until soft.
2. Add spices and stir-fry further 30 seconds.
3. Add tomatoes, kidney beans, tomato paste and pumpkin. Cover and simmer for 15 minutes.
4. Add sliced Sausages and parsley. Heat.



Thai Rice

Serves 6.

Ingredients

- 1 Tablespoon cooking oil
- 1 small onion, chopped
- 2 cloves garlic, crushed or 1 teaspoon of bought crushed garlic.
- ½ cup shallots, sliced on the diagonal
- 1 small zucchini, finely sliced.
- ½ cup chopped red capsicum
- ½ cup roasted salted peanuts.
- 4 cups cooked long-grain brown rice.
- 1 tablespoon soy sauce
- 1 tablespoon fresh coriander

Method

1. Heat oil in frying pan or wok. Stir-fry onion, garlic, shallots, zucchini, and capsicum for 3-4 minutes or until lightly cooked.
 2. Add Peanuts and rice and heat through.
 3. Fold through soy sauce and coriander.
- Serve as rice accompaniment.



Potato and Vegetable Curry

Serves 4

Ingredients

- 1 tablespoon cooking oil
- 1 medium onion, chopped
- 1 clove garlic, crushed or ½ teaspoon bought crushed garlic
- 1 teaspoon turmeric
- 1 teaspoon cumin
- ½ teaspoon ground coriander
- 2 medium potatoes, peeled and cut into chunks
- 1 medium carrot, cut into chunks
- 2 cups water
- 2 cups broccoli florets fresh or frozen
- 1 cup frozen peas
- 1 tablespoon tomato paste
- 1 cup water, extra
- ½ teaspoon salt

Method

1. Heat oil in a frying pan. Stir-fry onion and garlic for 2 minutes.
2. Add turmeric, cumin and coriander and stir-fry for 1 minute.
3. Stir through potato, carrot and water. Bring mixture to boil then simmer, covered, for 10 minutes.
4. Add broccoli, peas, tomato paste, extra water and salt and simmer for further 5 minutes or until all vegetables are cooked.
5. Serve with plain boiled rice.



Cottage Cheese Balls in Tomato Sauce

Serves 5

Ingredients

- 1 medium onion, finely chopped
- ½ teaspoon 1-Minute Oats
- ½ cup dry breadcrumbs
- ⅓ cup chopped slivered almonds, toasted
- 1 cup low-fat cottage cheese
- 1 teaspoon mixed herbs
- ¼ teaspoon salt
- 2 eggs, lightly beaten
- 2 tablespoons dry bread-crumbs extra
- 1 tablespoon cooking oil

Sauce

- 440 g can salt-reduced tomato soup
- 1 cup hot water

Method

1. Place onion, 1-minute oats, breadcrumbs, slivered almonds, cottage cheese, mixed herbs, salt, and eggs in large bowl. Mix well.
2. Form mixture into 20 balls
3. Toss balls in the extra bread crumbs. Refrigerate for 30 minutes.
4. Heat oil in a non-stick frying pan. Cook balls over gentle heat until golden brown.
5. To make Sauce Mix tomato soup and water together in a jug. Pour over cooked balls in frying pan.
6. Bring mixture to the boil, reduce heat and simmer for 30 minutes or until Tomato Sauce has reduced by half.
7. Serve over pasta.

Creamy Potato Patties

Makes 12 patties

Ingredients

750 g potatoes, peeled and cooked.

125 g light cream cheese

$\frac{3}{4}$ teaspoon salt

1 egg, lightly beaten

4 shallots, chopped

$\frac{1}{4}$ cup plain white flour

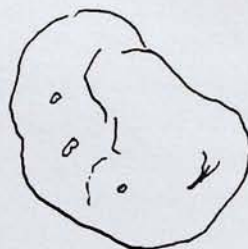
$\frac{1}{2}$ cup plain wholemeal flour

1 egg, lightly beaten, extra

2 tablespoons milk of choice

1 cup dry breadcrumbs

$1\frac{1}{2}$ tablespoon cooking oil



Method

1. Place potato, cream cheese and salt in large bowl. Mash well.
2. Mix in egg, shallots and white flour. Combine well.
3. Refrigerate mixture until cold.
4. Divide mixture into 12 equal portions, using a $\frac{1}{2}$ cup measure.
5. Shape mixture into patties. Coat patties in wholemeal flour. Combine egg and milk and dip patties in egg mixture, then coat in breadcrumbs.
6. Refrigerate for 30 minutes.
7. Heat oil in non-stick frying pan. Cook patties over medium-high heat until golden brown on both sides.
8. Serve with tomato sauce and vegetables of choice.

Upside-Down Macaroni Loaf

Serves 6.

Ingredients

First Layer

- 1 tablespoon cooking oil
- 1 small onion, finely chopped
- Half a 430g can Sanitarium Casserole Mince.
- 2 tablespoons tomato paste
- ½ cup grated carrot
- ½ teaspoon dried or fresh basil leaves
- 2 tablespoons chopped parsley.

Second Layer

- ½ cup low-fat cottage cheese
- ¾ cup milk of choice
- 2 eggs, lightly beaten
- 1 teaspoon plain white flour
- ½ teaspoon salt
- 2 cups cooked macaroni.

Method

1. Heat oil in frying pan. Stir-fry onion until soft. Add remaining ingredients for First Layer and mix well.
2. Spoon mixture into lightly greased 9 x 26 cm loaf tin.
3. for Second Layer, combine cottage cheese, milk, eggs, flour and salt in medium bowl. Add macaroni and mix well.
4. Pour macaroni mixture over top of Casserole Mince layer.
5. Bake at 180 °C (350 °F) for 1 hour. Stand for 20 minutes, then turn out onto warm plate.
6. Serve warm with vegetables of choice.

Hearty Shepherds' Pie

Serves 6.

Ingredients

- 1 tablespoon cooking oil
- 1 medium onion, chopped
- 2 tablespoons flour
- 430 g can Sanitarium Casserole Mince
- $\frac{3}{4}$ cup water
- 2 tablespoons tomato paste
- 1 tablespoon soy sauce
- 1 cup frozen mixed vegetables
- $\frac{1}{2}$ cup frozen peas
- $\frac{1}{2}$ teaspoon mixed herbs.



Topping.

Homemade (you can use dehydrated powder potato.)

- 650 g peeled potatoes, cooked and mashed with
- 3 tablespoons milk
- $\frac{1}{4}$ teaspoon salt

Method

1. Heat oil in frying pan. Stir-fry onion until tender.
2. Remove from heat, stir in flour. Return to heat, cook for 1 minute.
3. Add Casserole Mince, water, paste, soy sauce, frozen vegetables, peas and mixed herbs. Return to heat; bring to boil. Reduce heat, simmer for 5 minutes.
4. Place mixture into lightly greased dish.
5. Combine Topping ingredients. Spread over Casserole Mince mixture.
6. Bake at 180 °C (350 °F) for 30 minutes.

Creamy Corn Muffins

Makes 12 muffins.

Ingredients

- 1 cup plain wholemeal flour
- 1 cup plain white flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg, lightly beaten
- ¾ cup milk of choice
- 3 tablespoons margarine, melted.
- 310g can creamed corn.

Method

1. Sift flours, baking powder and salt into large bowl.
2. Combine egg, milk, margarine and creamed corn in jug.
3. Add liquid ingredients to dry ingredients. Stir gently with a fork until just combined.
4. Spoon mixture into lightly greased muffin tins.
5. Bake at 190 °C (375 °F) for 25 minutes or until risen and golden.
6. Serve as an accompaniment to soup.



Barbecued Burgers

Makes 12.

Ingredients

430 g can Sanitarium Rediburger, mashed.

½ cup 1-Minute Oats

2 tablespoons plain wholemeal flour.

½ cup grated cheese of choice

1 onion, finely chopped

1 egg, lightly beaten

1 tablespoon milk of choice

½ teaspoon dried marjoram

¼ teaspoon salt

1 tablespoon chopped parsley

2 tablespoons plain wholemeal flour, extra

1½ tablespoons cooking oil.

Method

1. Combine all ingredients except extra flour and oil in a large bowl.
2. Divide mixture into 12 equal portions, using ½ cup measure.
3. Toss burgers in extra flour
4. Heat oil on barbecue or suitable stove-top. Cook burgers over gentle heat until golden brown.
5. Serve burgers on rolls with a selection of salad ingredients and tomato sauce.



Vegetable and Rice Patties

Makes 12.

Ingredients

Patty Mixture

- 1 cup grated zucchini
- $\frac{1}{4}$ teaspoon salt
- 1 cup grated carrot
- $\frac{3}{4}$ cup corn kernels
- 2 cups cooked hot short-grain brown rice.
- $\frac{1}{2}$ cup dry breadcrumbs
- 1 tablespoon chopped parsley.
- 1 egg, lightly beaten
- $1\frac{1}{2}$ teaspoons cumin
- 1 teaspoon coriander
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon dried basil.

Coating

- 4 tablespoons plain wholemeal flour
- 2 tablespoons sesame seeds
- $1\frac{1}{2}$ tablespoons olive oil.

Method

1. Place zucchini in a colander, sprinkle with salt and let stand for 20 minutes. Squeeze out excess moisture.
2. Place all patty ingredients in a large bowl. Mix well.
3. Divide mixture into 12 equal portions, using $\frac{1}{4}$ cup measure.
4. Shape mixture into patties. Coat patties in combined flour and sesame seeds.
5. Refrigerate for 30 minutes.
6. Heat oil on barbecue. Cook patties over a gentle heat until golden brown on both sides.

Nut Meat Cutlets

Ingredients

- 2 cups of Nutolene or Nut Meat.
- 1 cup leftover vegetables or 1 cup potato.

Method

1. Mash ingredients. Mix together.
2. Flatten on board to $\frac{1}{2}$ inch thick.
3. Cut with round tin cutter.
4. Dip in egg and breadcrumbs and bake or fry.

Vegetarian Fish Cutlets

Ingredients

- $\frac{3}{4}$ cup macaroni (cooked)
- $1\frac{1}{2}$ cups rolled oats (cooked)
- 1 grated onion
- Salt to taste
- Parsley 1 tablespoon chopped
- $\frac{1}{2}$ teaspoon ~~maize herb~~
nutmeg



Method

1. Mix all together while hot. Put in flat, wet dish to get cold.
2. Flatten to $\frac{1}{2}$ inch thick.
3. Cut in slices, dip in egg and breadcrumbs.
4. Fry or bake.

NOTE Better made the night before and then baked.

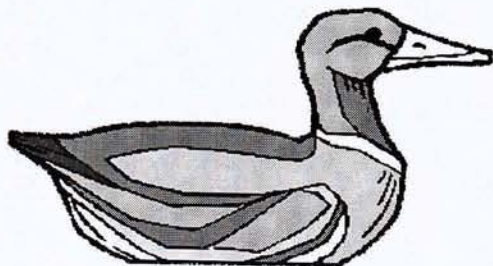
Gluten Duck

Ingredients

- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon herbs
- $\frac{1}{3}$ cup gluten
- $\frac{1}{2}$ cup chopped walnuts
- $1\frac{1}{2}$ cup milk of choice
- 1 teaspoon Marmite
- $\frac{3}{4}$ cup breadcrumbs
- $\frac{3}{4}$ cup chopped onion
- 2 tablespoons cooking oil.

Method

1. Beat eggs.
2. Add milk, salt, Marmite, herbs and breadcrumbs.
3. Stand 20 minutes.
4. Slowly shake in gluten.
5. Mix all;
6. Bake at 180°C (350°F) for 1 hour in casserole dish in conventional oven.



Carrot Loaf Surprise

Ingredients

- 1 cup grated carrot
- 2 eggs well beaten
- 1 tablespoon cooking oil
- 1 cup breadcrumbs
- 2 tablespoons chopped parsley
- ½ teaspoon garlic salt
- 2 cups cubed carrots

Method

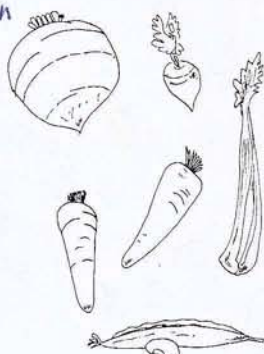
1. Mix all together.
2. Place in oiled oven dish and
bake 45 minutes at 190 °C (375 °F)
3. Prepare the following ingredients
 - 1 cup tomatoes
 - 1 clove garlic or ½ teaspoon crushed bought garlic
 - 1 teaspoon salt.Blend these ingredients in a blender or mix by hand.
4. Brown lightly 1 tablespoon minced onion in oil.
5. Stir in 1 tablespoon plain white flour, mix well.
6. Mix all together. Add one bay leaf and stir until thick. Pour over loaf, and bake 5 minutes longer.



Vegetable Loaf

Ingredients

- 1 cup cooked or tinned peas *or frozen*
- 2 beaten eggs
- 3 tablespoons minced onion
- 1 cup cooked mashed carrots
- ½ cup chopped walnuts
- 1 cup breadcrumbs
- 1 tablespoon melted margarine
- 1 teaspoon salt
- 1 cup milk of choice
- Parsley to garnish



Veget #1

Method

1. Layer all ingredients in greased oven dish.
2. Sprinkle Weet-bix crumbs or Cornflake crumbs on top, with knobs of margarine *or breadcrumbs*.
3. Bake ¾ hour in moderate oven 190 °C (375 °F).

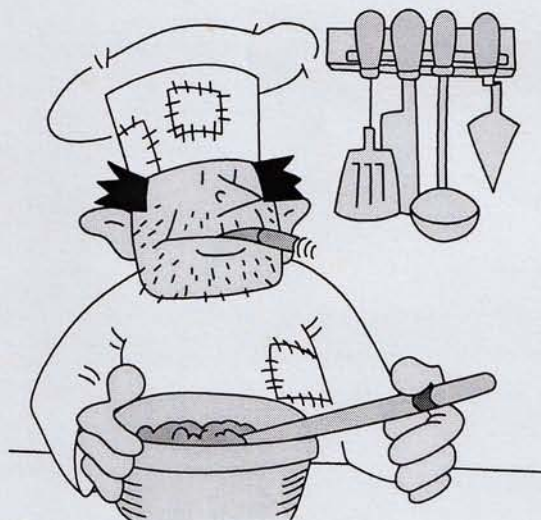
Nut and Potato Pie

Ingredients

2 onions
1 dessertspoon peanut butter
1 stick celery
Half of a 250 g can Nutmeat
3 potatoes
1 cup gravy (See next recipe).
1 teaspoon herbs
Pastry
Salt

Method

1. Slice onions, celery and potatoes, cut Nut Meat into cubes and put in greased oven dish.
2. Cream peanut butter with hot water and mix with gravy. Pour this over ingredients in dish.
3. Add salt and herbs.
4. Cover and cook till vegetables done.
5. Cover with pastry and cook.



Brown Gravy

Ingredients

2 Tablespoons cooking oil

1 tablespoon wholemeal flour

Salt to taste

Vegetable juice (stock) or water

You can add Marmite, or tomato, or onion, or peanut butter for various flavours.



Method

Place the oil in frypan, add wholemeal flour and stir back and forth till wholemeal is browned. Add cold water or stock until as thick as required.

Tomato Roll

Ingredients

2½ cups of tomatoes

1 onion

1 hardboiled egg / or tinned chickpeas ½ cup.

¾ cup breadcrumbs

1 tablespoon cooked brown or red lentils / or tinned

Parsley 1 teaspoon

Salt to taste

A pinch of Nutmeg

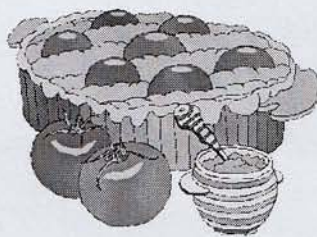
Method

1. Fry onion and mix all ingredients when golden brown.
2. Spread thickly on a sheet of pastry.
3. Roll up and bake, or prepare as sausage rolls.

Tomato Pie

Ingredients

- ½ Kg (500g) sliced tomatoes
- 2 onions fried
- 1 cup breadcrumbs
- 2 tablespoons peanut butter
- 1 teaspoon Marmite
- 1 cup brown gravy (see Gravy Recipe on page 41)



Method

1. Place in layers in oven dish, the onions, tomatoes, and bread crumbs.
2. Heat gravy and mix into it the peanut butter and Marmite.
3. Pour over other ingredients.
4. Cover with mashed potato. Place knobs of margarine on top.
5. Bake about ¾ hour at 190 °C (375 °F). or until brown on top.

Continental Baked Corn

Ingredients

- 1 cup Nutmeat cubed
- 1 cup mashed potato
- ½ cup tomato puree
- 1 egg beaten
- 1 tin sweet corn
- ½ cup peas.

Method

1. Mix well together. Place in oiled oven dish
2. Sprinkle with Cornflake crumbs with knobs of margarine or put a sheet of pastry on top.
3. Bake at 200 °C (400 °F) for 20 minutes.

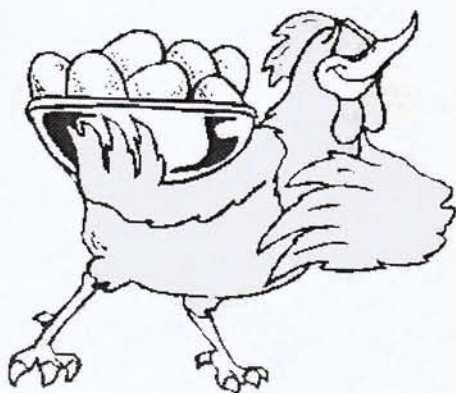
Mock Chicken Mould

Ingredients

- 1 cup macaroni
- 1 cup milk of choice
- 1 cup white or brown breadcrumbs
- 1 tablespoon melted margarine
- 2 tablespoons peanut butter
- 2 or 3 well beaten eggs. (Mum uses 2 eggs)
- 1 grated onion
- Salt, herbs and parsley to taste.

Method

1. Cook the macaroni in salted water.
 2. Pour the milk over the breadcrumbs and allow to soak for 5 minutes.
 3. Then add margarine, peanut butter which has been thinned with a little hot water, the eggs, herbs and parsley.
 4. Add grated onion and salt to taste and finally the cooked macaroni.
 5. Mix well together. Pour into a greased oven dish and cook for 40-45 minutes covered with foil. Then remove foil for further cooking of 15 minutes.
- Oven temperature set at 180 °C (350 °F)



Nutolene Patties

Ingredients

- 1 cup Nutolene
- 2 potatoes
- 1 egg
- 1 tablespoon chopped parsley

Method

1. Boil potatoes with pinch salt,
2. Mash potatoes with margarine,
3. Add mashed Nutolene.
4. Hard boil an egg and chop. Add to above ingredients.
5. Form into patties. Dip each patty in milk and coat with Cornflake crumbs.
6. Fry or bake in oven to brown. About 10-15 minutes at 190 °C (375 °F)



Peanut and Rice Rissoles

Ingredients

- 1 onion chopped
- 1 tablespoon margarine or oil
- ½ cup peanut butter
- ¼ cup tomato juice or sauce
- 1 egg
- 1½ cups boiled rice
- ¾ cup breadcrumbs
- 1 teaspoon salt.

Method

1. Brown onion in oil, add peanut butter blended in tomato juice.
2. Add beaten egg.
3. Combine all well, mould into rissoles,
4. Coat lightly with plain white flour.
5. Fry slowly in small amount of oil both sides.

Cheese Devils

Ingredients

- 1 cup grated cheese
- 1 tablespoon melted margarine
- 1 teaspoon salt
- 1 well beaten egg
- 1 tablespoon tomato sauce



Method

1. Mix all to a paste.
2. Spread generously between thick sandwich slices of brown bread.
3. Cut shapes and place in oven to crisp, puff up and brown.
4. Eat while hot and sizzling.

Continental Baked Sweet Corn

Ingredients

- 1 cup mashed potato
- 1 cup mashed Nut Meat
- $\frac{1}{2}$ cup tomato puree
- 1 tin sweet corn
- $\frac{1}{2}$ cup mashed minted green peas
- 1 egg beaten.

Method

1. Place above in layers in baking dish.
2. Top with pastry, or breadcrumbs with grated cheese and knobs of margarine.

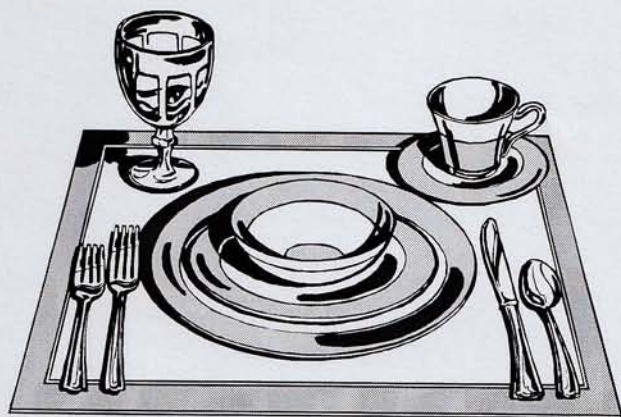
Savoury Corn

Ingredients

2 tablespoons cooking oil
Sliced tomatoes
1 tin creamed corn
2 large onions sliced
Grated cheese.

Method

1. Cook onions in oil.
2. Place in pie dish with corn and sliced tomatoes on top.
3. lastly add grated cheese.
4. Bake until brown.



Sweet Corn Roast

Ingredients

- 1 cup tinned sweet corn
- 2 beaten eggs
- 1 cup Nutmeat
- 1 cup sliced tomato
- 1 level tablespoon onion, chopped
- 2 level tablespoons peanut butter
- $\frac{2}{3}$ cup buttered breadcrumbs (melt margarine and pour over breadcrumbs)

Method

1. Combine corn, onion, eggs, salt.
2. Turn into greased shallow dish.
3. Cover with sliced Nutmeat and peanut butter, then drained sliced tomato.
4. Sprinkle buttered crumbs over top and bake in oven 190 °C (375 °F) for 30 minutes, or until set and lightly browned.

Lunchbox Muffins

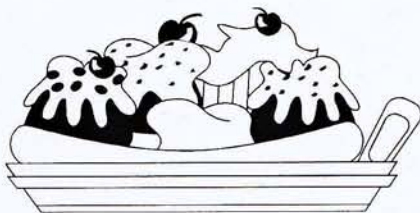
Makes 12 muffins or 28 mini muffins.

Ingredients

- 1 cup plain wholemeal flour
- 1 cup plain white flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon cinnamon *optional*
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup sultanas *optional*
- 3 tablespoons margarine, melted.
- 3 ripe medium bananas, mashed.
- 1 egg, lightly beaten
- $\frac{3}{4}$ cup milk of choice.

Method

1. Sift flours, baking powder and cinnamon into a large bowl.
 2. Add sugar and sultanas.
 3. Combine margarine, bananas, egg, and milk in a jug.
 4. Pour liquid ingredients into dry ingredients and mix gently with a fork until just combined.
 5. Spoon mixture into lightly greased muffin tins. Bake muffins at 190 °C (375 °F) for 25-30 minutes, or mini muffins for 15-20 minutes.
- NOTE Muffins freeze well and are ideal packed in lunchboxes.



family enjoy

Wholemeal Cornflake Cookies

Makes 20

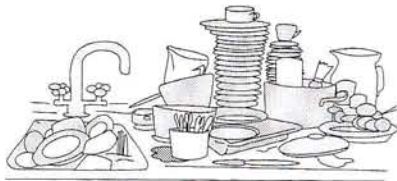
Ingredients

- $\frac{1}{2}$ cup caster sugar *Rice Syrup*
- 125g margarine ($\frac{1}{2}$ cup)
- 1 egg *1 egg replacer*
- 1 cup plain wholemeal flour
- 1 teaspoon baking powder
- $\frac{3}{4}$ cup sultanas *optional*
- 2 cups Cornflakes, lightly crushed.

Method

1. Cream sugar and margarine together by hand or electric mixer or in food processor. Add egg and mix well.
2. Sift flour and baking powder together. Add to creamed mixture with sultanas and stir through.
3. Roll heaped teaspoonfuls of the mixture in Cornflakes.
4. Place on a lightly greased oven tray and slightly flatten.
5. Bake at 180 °C (350 °F) for 15 minutes.

Cool completely and store in an air-tight container.



My Own Additions

